

# MY VITALITY BOX

Multivitamins and Minerals +  
Food Supplement



## Product Information

**Directions:** one capsule daily as a food supplement or as directed by your healthcare professional

**Ingredients:** One capsule provides:

	% NRV*			% NRV*	
Vitamin A	800µg RE	100%	Organic Turmeric powder	34mg	-
Vitamin D3	7.5µg	150%	Milled Organic Linseed (a source of Omega 3)	34mg	-
Vitamin E	29.8mg α-TE	248%	Organic Spirulina powder	34mg	-
Vitamin K1	3.3µg	4%	Siberian Ginseng Extract (25:1)	2mg	-
Vitamin C	100mg	125%	Alfalfa powder	3.3mg	-
Thiamine (Vitamin B1)	17.8mg	1618%	Betaine (HCL)	8.3mg	-
Riboflavin (Vitamin B2)	22.2mg	1586%	Citrus Bioflavonoids	16.6mg	-
Niacin	37mg NE	231%	Choline	16.6mg	-
Vitamin B6	14mg	1000%	Di-Calcium Phosphate	15mg	-
Folic Acid	133.3µg	67%	Inositol	22mg	-
Vitamin B12	33.3µg	1332%	Kelp powder	3.3mg	-
Biotin	50µg	100%	L-Glutamic Acid	8.3mg	-
Pantothenic Acid	50mg	833%	Lecithin (SOYA)	3.3mg	-
Potassium	0.7mg	-	PABA (Para-Aminobenzoic Acid)	10mg	-
Calcium	23mg	3%	Papain	1.6mg	-
Magnesium	13.2mg	4%	Silicon Dioxide	333µg	-
Iron	1.3mg	9%	Horsetail (Equisetum Arvense)	250µg	-
Zinc	5mg	50%	Boron	33.3µg	-
Copper	100µg	10%	Rutin	8.3mg	-
Manganese	0.3mg	15%	Hesperidin	3.3mg	-
Selenium	20µg	36%	Apple Pectin	1.6mg	-
Chromium	40µg	100%	Bromelain	1.6mg	-
Molybdenum	30µg	60%			
Iodine	50µg	33%			

**Capsule Shell:** Vegetable Cellulose (hydroxypropyl methylcellulose)

\*Nutrient Reference Values

**Ingredients:** Capsule Shell: Vegetable Cellulose (hydroxypropyl methylcellulose), Vitamin C (Calcium Ascorbate), Di-Calcium Phosphate, Calcium (Carbonate), Pantothenic Acid (Calcium Pantothenate (Vitamin B5)), Niacin (Nicotinamide (Vitamin B3)) [NE], Vitamin E (D-Alpha Tocopherol Succinate) [α-TE], Zinc (Gluconate), Organic Turmeric powder (Curcuma Longa), Milled Organic Linseed (Golden Flax), Organic Spirulina powder, Choline (Bitartrate), Riboflavin (Vitamin B2), Magnesium (Oxide), Inositol, Thiamine HCL (Vitamin B1), Vitamin B6<sup>†</sup> (Pyridoxine HCL), Citrus Bioflavonoids, Vitamin A (retinyl acetate) [RE], Iron (Gluconate), PABA (Para-Aminobenzoic Acid), Betaine (HCL), L-Glutamic Acid, Rutin, Selenium (Methionine), Alfalfa powder, Kelp powder (Ascophyllum Nodosum), Lecithin (SOYA), Hesperidin, Vitamin D3 (Cholecalciferol), Manganese (Gluconate), Siberian Ginseng (E. Senticosus) Extract (25:1) (Equivalent to 50mg of Ginseng powder), Potassium (Citrate), Papain, Apple Pectin (Malus Domestica), Bromelain, Copper (Gluconate), Silicon Dioxide, Boron (as Sodium Borate), Chromium (Picolinate), Horsetail (Equisetum Arvense) Extract (4:1) (Equivalent to 1mg), Folic Acid, Vitamin K1, Iodine (Potassium Iodide), Molybdenum (Ammonium Molybdate), Biotin, Vitamin B12 (Cyanocobalamin)

Allergy advice: see ingredients in (CAPTIALS)

Purity: Contains No gluten, wheat, lactose, preservatives, artificial colouring, added sugars, excipients.

Suitable for Vegetarians

Made with ♥ in the UK

Store in a cool dry place. Keep out of the reach of young children. Do not exceed stated dose unless recommended by your healthcare professional. This is a food supplement. Not to be used as a substitute for a varied diet and healthy lifestyle. †Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness. If you are under medical supervision, please consult a doctor before use. Women who are pregnant should consult their practitioner before taking food supplements. For best before and batch number, see base of tin. Suitable for Vegetarians.